

Full Report (All Nutrients) 09140, Guavas, strawberry, raw

Report Date: June 30, 2017 11:31 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:15% Refuse Description: Seeds, stem, and blossom end

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g	1 fruit without refuse 6g
Proximates						
Water	g	80.66	2	--	196.81	4.84
Energy	kcal	69	--	--	168	4
Energy	kJ	289	--	--	705	17
Protein	g	0.58	1	--	1.42	0.03
Total lipid (fat)	g	0.60	--	--	1.46	0.04
Ash	g	0.80	--	--	1.95	0.05
Carbohydrate, by difference	g	17.36	--	--	42.36	1.04
Fiber, total dietary	g	5.4	--	--	13.2	0.3
Minerals						
Calcium, Ca	mg	21	--	--	51	1
Iron, Fe	mg	0.22	--	--	0.54	0.01
Magnesium, Mg	mg	17	1	--	41	1
Phosphorus, P	mg	27	--	--	66	2
Potassium, K	mg	292	1	--	712	18
Sodium, Na	mg	37	1	--	90	2
Vitamins						
Vitamin C, total ascorbic acid	mg	37.0	--	--	90.3	2.2
Thiamin	mg	0.030	--	--	0.073	0.002
Riboflavin	mg	0.030	--	--	0.073	0.002
Niacin	mg	0.600	--	--	1.464	0.036
Vitamin B-12	µg	0.00	--	--	0.00	0.00

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Vitamin A, RAE	µg	5	--	--	12	0
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	90	--	--	220	5
Lipids						
Fatty acids, total saturated	g	0.172	--	--	0.420	0.010
14:0	g	0.012	--	--	0.029	0.001
16:0	g	0.144	--	--	0.351	0.009
18:0	g	0.016	--	--	0.039	0.001
Fatty acids, total monounsaturated	g	0.055	--	--	0.134	0.003
16:1 undifferentiated	g	0.003	--	--	0.007	0.000
18:1 undifferentiated	g	0.052	--	--	0.127	0.003
Fatty acids, total polyunsaturated	g	0.253	--	--	0.617	0.015
18:2 undifferentiated	g	0.182	--	--	0.444	0.011
18:3 undifferentiated	g	0.071	--	--	0.173	0.004
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.005	--	--	0.012	0.000
Threonine	g	0.022	--	--	0.054	0.001
Isoleucine	g	0.021	--	--	0.051	0.001
Leucine	g	0.039	--	--	0.095	0.002
Lysine	g	0.016	--	--	0.039	0.001
Methionine	g	0.004	--	--	0.010	0.000
Phenylalanine	g	0.001	--	--	0.002	0.000
Tyrosine	g	0.007	--	--	0.017	0.000
Valine	g	0.020	--	--	0.049	0.001
Arginine	g	0.015	--	--	0.037	0.001
Histidine	g	0.005	--	--	0.012	0.000
Alanine	g	0.029	--	--	0.071	0.002
Aspartic acid	g	0.037	--	--	0.090	0.002
Glutamic acid	g	0.076	--	--	0.185	0.005
Glycine	g	0.029	--	--	0.071	0.002
Proline	g	0.018	--	--	0.044	0.001

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Serine	g	0.017	--	--	0.041	0.001

Other